

## Exercise

- Active Aging** – This seated class will include strength and cognitive training as well as basic cardiovascular exercises. This class is perfect for those who cannot stand for extended periods of time, those who are recovering from physical challenges and those new to exercise.
- Brains, Balance & Beyond** – This class will include movement focusing on balance skills, as well as 30 minutes of seated brain work via audio visual slides and hand-eye-brain coordination. Attendees must be able to walk without assistance to attend this class. Class attendance is limited to one time per week.
- Ch.oga (chair yoga)** - Come and enjoy this gentle form of yoga. We'll incorporate breathing exercises, yoga postures and relaxation while seated in your chair.
- \*Drums Alive** – A fun group exercise class using stability balls and drumsticks that combines benefits for both the body and the brain. Class combines both seated and standing components. A great work out for the mind, body and spirit! Pre-registration at the front desk is required.
- FLOW (yoga)** – This yoga class will be taught in a flowing format. Postures will move from one to another and may include moving from the floor to a standing position several times during class. Modifications will be shown and encouraged. Class will end with relaxation. Please bring your yoga mat.
- Get Up and Go** – This interval style class includes both cardio and strength training, as well as balance and cognitive work. Hand weights, balls and resistance bands may be used. Class is taught 50% standing, 50% seated, although attendees may stand/sit at any time.
- Let's Dance** – Shake, shimmy, rock and mambo your way through this line dance inspired class! All levels welcome, including those with no dance experience!
- Mindful Moments** – This 30 minute guided relaxation/meditation class will start and end with seated gentle stretches. Soft music and a guided meditation will focus on relaxing and healing the body, mind, spirit. Cell phones must be in the OFF-MUTE position for this class.
- Move It-Muscle** – This 45 minute class will focus on strength training with the use of bands, hand weights, balls, body weight and the barre. Participants MAY be on the floor for some exercises.
- Lotsa Line Dances** – Join Mimi for choreographed line dances with a wide range of music genres! Prior line dancing experience is recommended, although all levels are welcome!
- Move IT!** – This 45 minute class will include both cardio and strength training intervals. You will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills.
- Reflections Yoga** – Strength and flexibility will be developed through yoga postures that may include those on the floor. There will be short breaks to allow for rest and refocus. Class is taught through segments of work rather than a flow. Please bring your yoga mat. Class will end with relaxation.

**Simply Yoga** - If you're new to yoga or just starting to practice, this beginner class is for you! Participants will be introduced to yoga postures through step-by-step verbal cues and demonstration. Participants should bring a yoga mat to class. You must be able to get down to and up from the floor.

**Station 2 Station** – A circuit class in the FITNESS CENTER. Attendees will rotate through 10 stations that include both cardio and strength. 90 seconds of work, followed by 30 seconds of rest and reset time. Participants must have completed a fitness center orientation PRIOR to attending this class.

**Tai Chi Chuan** – This class combines balance and strength enhancing exercise with comprehensive self-defense moves. This is a gentle approach to the “original Tai Chi”. This class is a standing format.

**Tai Chi for Arthritis** – This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and quality of life.

**Tai Chi for Better Balance** – An exercise program focusing on mind and body. It involves slow, gentle movements, deep breathing and meditation. This is a standing exercise class. Participants do not go down on the floor. Great for stress release.

**Zumba Gold** – This calorie burning dance fitness party is exercise in disguise! Fun, effective and doesn't require any dance experience. This class is low impact with no jarring movements. Let the Latin and world rhythms take you over!

## Cards and games

**Bid Euchre** – A variation on the card game Euchre, which is a trick taking game played by four players in teams of two. Open to all, but availability is based on number of players and groups present.

**Billiards** – Open to all on a drop in basis. Tables, pool sticks and equipment provided.

**Bingo** – A game of chance in which players mark off numbers on a card as they are randomly called. Lots of winners and prizes.

**Chess Instruction/Chess and Checkers Play** - Come and learn how to play chess and feel free to stay and play chess and checkers with fellow participants. All levels of players are welcome to play.

**Hand and Foot** – A card game in which a player has to get rid of all their cards. This game is a variation of Canasta, a type of rummy.

**Pickle ball** – Is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three, or four players use solid paddles made of wood or composite material to hit a perforated polymer ball, similar to whiffle ball over a net. Our outside court and equipment are available to all participants. Sign out equipment at the front desk.

**Standard American Bridge** – The most common form of bridge. Open to all, but availability is based on number of players and groups present.

**Table Tennis** – Open to all level of players. Tables, balls and paddles are provided. Please check calendar for scheduled times.

## Education and socialization

- Book Club** – This group meets twice a month to discuss a book that the whole group reads. Come enjoy great books and stimulating discussion.
- Family Stories** – Participants share written stories and memoirs about their lives and families. This class is led by a writing instructor/author. Lots of fun and interesting dialogue.
- Friday Friends** – Are you new to the area, newly retired or just in need of some new friendships and socialization? This group meets every Friday to share life experiences, make new connections and plan social activities that take place outside the Senior Center.
- History Class** – College professors give interesting lectures on a wide-variety of historical and political science topics. Come and expand your world.

## Arts and crafts

- Adult Coloring** – Awake your inner child! This is an opportunity to slow down and lose yourself in the simple art of coloring. Coloring sheets and colored pencils are provided.
- Open Art Studio** – Open studio time is available to work on individual painting projects. Oil paints and your first canvas are provided. Participants provide your own brushes. An instructor is available to help you with your projects.
- Ceramics Painting** - Get creative with ceramics! Your first ceramic piece, paints and kiln are provided. An instructor is available to help you with your projects.
- \*Charcoal Drawing** – Learn how to make your very own charcoal drawings. Students will be taught the basics of drawing objects and people. Pre-registration at the front desk is required.
- China Painting** – Use your creativity by painting on china. We provide paint, a kiln and your first china piece. An instructor is available to help you with your projects.
- \* Clay Sculpture** – Create one of a kind clay pieces using various construction methods and paint with vibrant glazes. No registration or experience required.
- Craft Class** – A variety of fun, easy crafts are offered once a month. Sign up at the front desk to reserve a space as class size is limited.
- \* Handbuilding** – Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln. Expect to take home 3 -4 pieces. Pre-registration at the front desk is required.
- \*Instant Artist** – Are you interested in painting but have no experience? This is the class for you! Join us with instructor Rose for step-by-step instructions on painting a masterpiece in one sitting.
- Crochet/Knitting for a Cause** – Participants crochet hats and lap quilts for area Chemo-therapy patients. No experience necessary. Patterns and instruction will be provided.
- \*Pastel Still Life Class** – Students will learn how to make oil pastel drawings by direct observation. Pre-registration at the front desk is required.

- \*Sew Much Fun I** – Learn or renew your basic sewing skills. Students will be sewing a fun project for themselves while learning basic machine skills. Pre-registration at the front desk is required.
- \*Sew Much Fun II** – This is a continuation of Sew Much Fun I and students will build on their skills and work on projects for themselves and also a community service project. Students must have attended Sew Much Fun I or have good basic sewing skills. Pre-registration at the front desk is required.
- \*Watercolor Painting** – Come learn and experiment with the watercolor painting process. Students will expect to walk away with 1-2 finished paintings. Pre-registration at the front desk is required.

**\*These classes are offered on a rotating basis.**

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